

## Gastrostomy Tube Placement Discharge Instructions

You had these drugs for pain and/or relaxation:

\_\_\_\_\_ Fentanyl  
\_\_\_\_\_ Versed

This sheet will tell you how to take care of yourself when you get home.

### Activities

Go home and rest. Do not drive, use machinery or power tools, or make any important decisions for 24 hours. You may return to your normal activities tomorrow.

You will be sore for one to two weeks after the gastrostomy tube is inserted. This may limit your activity. Do not do anything that causes a pulling feeling or pain around the tube or that twists it. You may shower, but cover the dressing with plastic wrap so it does not get wet. It may be easier to take a sponge bath. ***Do not*** take a tub bath.

### Diet

A dietitian will teach you how to do tube feedings before you leave the hospital.

### Tube Care

Your nurse will teach you how to care for the gastrostomy tube site and dressing. You will be given an appointment to return in ten days to two weeks to have the stitches removed.

### Possible Problems

***Report to the Radiology Department, your doctor, or the closest emergency room, if you:***

- Develop a rapid pulse (greater than 100 beats a minute)
- Feel faint
- Sweat a lot
- Feel weak
- Have a sudden increase in pain, swelling, or bleeding at the tube site
- Have a temperature of 101 degrees or higher

***Call your doctor immediately if:***

- You have pain in your side
- Your gastrostomy tube comes out or breaks
- You have yellow or green discharge around the tube site
- You notice redness, tenderness, or swelling around the insertion site
- The gastrostomy tube falls out

(over)

If you have any problems or questions after you get home, call your doctor ***or*** the Radiology Department at (612) 467-2950 and ask for the cardiovascular radiologist ***or*** Urgent Care at (612) 467-2771.

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